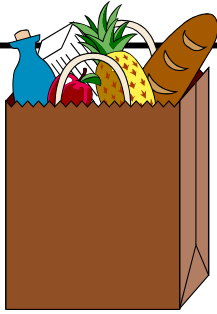


CAN'T AFFORD TO BUY FRUITS AND VEGETABLES FOR YOUR FAMILY?

You CAN have healthy snacks for your family that are affordable!

LET'S COMPARE 2 BAGS OF GROCERIES:

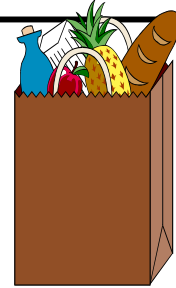
BAG #1



Filled with a variety of high quality, delicious snacks with nutrients, vitamins and minerals for better health.

18 ITEMS TOTAL PRICE \$ 42

BAG #2



Loaded with saturated fat, salt & sugar-all shown to have negative effects on your health.

14 ITEMS TOTAL PRICE \$ 42

3 lb. apples
1 bag baby carrots
1 bunch celery
2 lb. grapes
2 lb. bananas
8 oz. Kraft Reduced-Fat Monterey Jack Cheese
1 pkg. Precious String Cheese
1 pkg. Canteca Whole Wheat tortillas
1 pkg. Western Bagel Whole Wheat bagels
1 pkg. Back to Nature Granola
64 oz. Mott's Apple Juice
1 jar Skippy Peanut Butter
1 box Best Yet Honey Nut Toasted Oats cereal
½ gal. 1% milk
4 containers Dannon Light & Fit Yogurt
8 oz. Philadelphia Fat-Free Cream Cheese
1 box Nabisco Reduced Fat Wheat Thins
1 box Kellogg's Nutra Grain Fruit Twists

1 bag Nabisco Candy Chips Ahoy cookies
1 box Captain Crunch Crunch Berries cereal
½ gal. whole milk
1 bag Mini Oreos
1 pkg. Ore Ida Cheeseburger Bagel Bites
1 pkg. Croissant Pockets Pepperoni Pizza
1 pkg. Red Baron Pizza Pouches
1 6 pack Coke
1 bag Cheetos
1 bag Ruffles potato chips
1 box Cracker Jacks
2 pkg. Lunchables
1 pkg. Kellogg's Pop Tarts
5 candy bars

BAG # 1 is your best cost & nutrition value!

WHICH WILL YOU CHOOSE ON YOUR NEXT SHOPPING TRIP?

For more information about 5 a Day and eating healthy please contact the Department of Public Health Nutrition Program • Human Services System, County of San Bernardino • 351 North Mt. View Avenue • San Bernardino, CA 92415-0010 • (909) 387-6320



**Frontier
Nutrition
Project**

Developed by: All items purchased at Top's Market, Weaverville, CA.
For more information on the Frontier Nutrition Project please contact Lisa Preschel-Quinn @ (530) 623-1499

